

PROGRESSIVE CYCLING™

Like having a Personal Cycling Coach

Just a few short years ago, watts-based training was the exclusive domain of professional cyclists and triathletes. However, that is no longer the case, and watts-based training is becoming increasingly accessible and popular among age-group athletes

PROGRESSIVE CYCLING™ offers indoor cycling sessions that progress at a level that is both individualized and challenging. Using YOUR power threshold each workout is measurable and you progress at your rate – not someone else's.

PROGRESSIVE CYCLING™ cycling sessions are designed to teach you how to get the most out of your cycling by building a solid aerobic base while developing cycle-specific skill and techniques.

A heart rate monitor is required.



Phase III - Building Endurance: Power + Endurance = Stamina

Feb. 16 - Mar. 22, 2012 • 6:30pm THURSDAYS • Beth Lamie, Instructor

\$75 Members; \$145 Non-members

During longer rides we need to start using our aerobic fat burning system. If this system hasn't been properly trained, then we won't ride as well on this fuel source. One-hour trainer rides aren't long enough to improve the metabolism of fat and thus the mitochondrial density.

Long steady distance training has several effects. At a moderate heart rate we will burn more fat and fewer carbs. The reason we need to do this is because fat is metabolized in the mitochondria (carbs are metabolized elsewhere in the cells). As we burn fat, our bodies will increase mitochondrial density, allowing more blood flow to the muscles.

To achieve this we need to go for relatively long, steady rides. We will start with 90-minute classes, then 2-hour rides and finally finish up with 3-hour rides.

Register online or at the Front Desk. Prepayment required. No refunds after the start of the session. For more information email Beth Lamie at bak5557@aol.com

**CURRENT PARTICIPANTS:
Registration opens Sat., Feb. 4
OPEN REGISTRATION:
Begins Fri., Feb. 10**

Registration Form - Thursday Progressive Cycling Class

CODE _____

Participant _____

Parent's Name (if under 18) _____

Address _____

Phone _____ Email _____

Emergency Contact _____ Phone _____

Membership Type: Member Non-Member Member # _____

Payment Method: House Charge Check

Credit Card Type/Card Number _____ Exp.Date _____

The Kingsbury Club & Spa reserves the right to photograph program participants for publicity purposes, in print or electronic media.

Participant's Signature: _____ Date _____

Parent's Signature: _____ Date _____